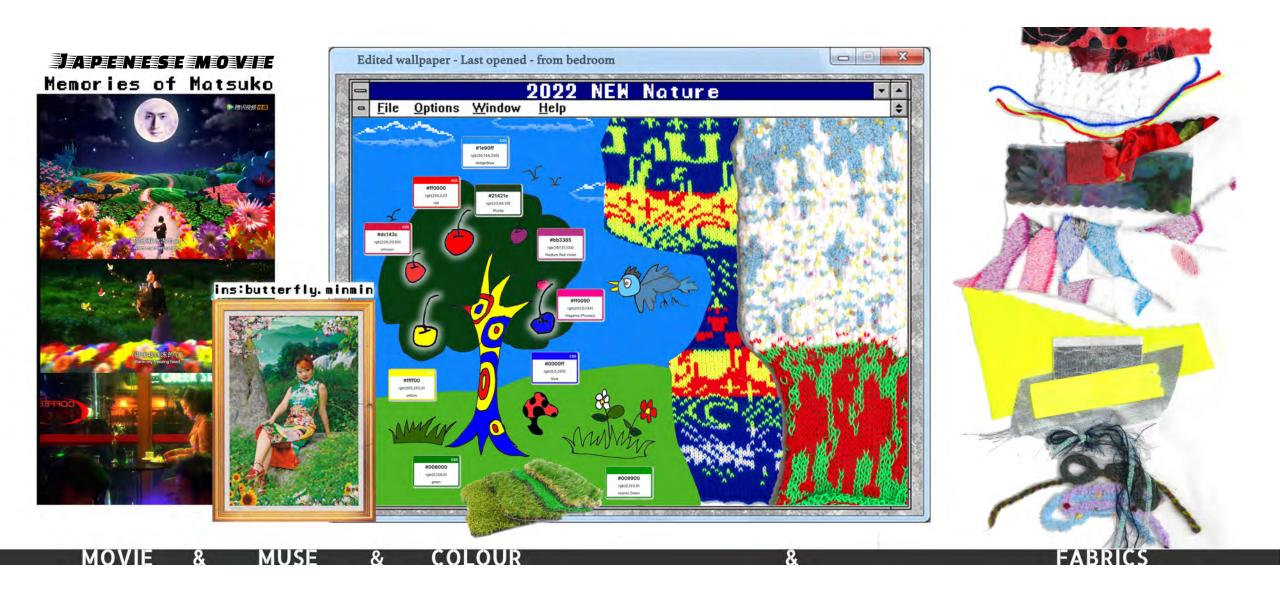


In 2020 pandemic, I lay in bed a lot at home. I had enough time to realize the physical and mental issues our generation is experiencing. In this technology and social media advanced age, our body and mind are not getting a healthy amount of rest. I made this collection intending to warn others and especially myself. Being back in my home country, China, after almost 10 years of overseas study. The reverse culture shock and getting treated almost like an outsider made me think a lot about my identity.

## Who am I or who was I supposed to be?.

I was fascinated by my own culture and history, both contemporary and traditional approaches are referenced throughout my practices.



## amazon:

Your fake nature wallpaper has been placed! Your flower bed sheets has been placed! Your order has been placed!

111

Pound store fake flowers







 My lenticular print fabric:

 looks like beatuful flowers and grass

During lockdowns, I was stuck in my room wanting to go out into nature, dying to breathe fresh air. But all we can do is go online live in the digital world, watch videos, and play games. I bought flower bedsheets and wallpapers with the forest printed on them, hoping to cope in a room of fake nature. I made my own lenticular fabric with change patterns when looking from different angles. Inspired by old edits of tacky flowers and fake grass fences used to cover up construction sites that I spotted everywhere around the cities in China.



Digital nature - what is real and what is manmade? Am I in a dream or am I awake?

As I wanted to lay in a **Flower bed**, I thought of 3 possible situations: Counstently lay in bed and people come to visit with flowers -Sick in bed -Hospital -Dead in a coffin.



Health issue caused by over usage of the internet #1: Insomnia.

When the internet and social media is the only source of social interaction. It is easier to compare ourselves to the people who look successful. I suffered from insomnia all through the lockdown. So I filmed myself and firends twisting and turning in bed. The swirling seams express the dreamy/ half-awake mood and the frustration. The printed velevt was a beatiful jungle with animals, a heavenly looking place.



When I can not sleep I pay attention to detail of the human skin and body like no other time of the day. These red velvet fabrics with black floral print remind me of the meat packaging and the cupping marks(Cupping is usually used along side other traditional Chinese medicines, life changing for ones that are having unhealthy life styles). While it is slightly disturbing, it is still shown in a 'happy' floral, feminine way. To me, nighttime is a time for myself and my weird obsessions. I contrasted the velvet with the lenticular material to give it a mix of contemporary and vintage tackiness. A similar print was found on my grandma's old bedding and reminds me of the 70's/80's interior style in China.



Health issue caused by over usage of the internet #2: Neck & muscle pain caused by bad postures.

I researched into all kinds of sleepwear like robes, and housecoats alongside neck pillows and massagers. The aim is to warn people about their physical and mental health issues. The colors I used are the bright colors on the emergency vehicles and hi-vis uniforms. The knit textile is a representation of the muscles on and off the body, inspired by surgery cutting.



## Toiles & development

The sleeves are inspired by hair-drying towels. The back of the design was going to be padded as if the wearer is using a massage chair. But after testing it out, It looks too playful and similar to the back of a dinosaur. Therefore, I made quilted animals instead. They will be padded onto the back of the robe. Animals are part of nature and are one of the purest spirits in my heart. I wanted my garment to comfort the body and soul, and be part of one's healing night routine.



Textile manipulation: Silver lace/ quilting.

I researched two vintage sleepwear: A nightdress and a pair of underpants. Giving it a contemporary approach, I experimented with making lace with quilting and beading. Mixing silver with fleece creates a clash between futuristic and comfort like the shoe I took apart. This idea was inspired by Chinese ethnic groups'(there are 56 ethnic groups in China) silver embellishment and jewelry.



Health issue caused by over usage of the internet #3: Over extreme obese and skinny body (Eating disorder).

With the increasing popularity of mukbang ASMR videos and weight loss tutorials, two extreme mindsets occurred while people are stuck in self-isolation: extreme diet and body working out; overeating and no exercise. I intended to tell different stories on the front and the back of this particular outfit.



To celebrate culture and diversity, I have collaborated with many of my friends that came from different parts of the world.

"I think we can't go around measuring our goodness by what we don't do - by what we deny ourselves, what we resist and who we exclude. I think we've got to measure goodness by what we embrace, what we create, and who we include."

-----Movie 'Chocolat' by Lasse Hallström.



Set design- Gaphics design artist- Hasan Zarroug from Ethiopia



Poster design (models: Mariusz Malon from Poland & Olya Petkova from Ukraine) - Illustration artist- Tomoharu Sugiyama from Japan